

Self Help for Pre-Teens and Young Teens

Contributed by
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The hero's trail : a guide for a heroic life

- RC 55497

T.A. Barron

Explores the elements of heroism, including facing challenges with courage, strength of character, and wisdom. Mixes brief sketches of historic examples such as Anne Frank, Wilma Rudolph, and Helen Keller with those of ordinary kids who prevailed in emergencies. For grades 6-9 and older readers. 2002.Chicken soup for the kid's soul : 101 stories of courage, hope, and laughter

- RC 46804

Jack Canfield

A selection of inspirational stories by and for children. Topics cover love, friendship, family, attitude, death, goals, hardships, decisions, and wisdom. For grades 5-8 and older readers. Bestseller.Bad stuff in the news : a guide to handling the headlines

- RC 56155

Marc Gellman and Thomas Hartman.

A rabbi and a priest discuss media coverage of terrorism, child abuse, natural disasters, violence in sports, and hate crimes--and why these bad things happen. They offer advice on how to deal with fears and how to change the world for the better. For grades 5-8. 2002.It's perfectly normal : a book about changing bodies, growing up, sex, and sexual health

- RC 40488

Robie H. Harris.

What is sex? How does my body change as I reach puberty, and what is puberty? How are babies made, and how can I make an intelligent decision about having a baby? Why does my body look different from my friends'? Harris answers these questions and also discusses birth control, abortion, homosexuality, sexual abuse, and sexually transmitted diseases. For grades 4-7 and older readers.A smart girl's guide to boys : surviving crushes, staying true to yourself & other stuff

- RC 53184

Nancy Holyoke

Reassuring advice on friendship and being true to yourself at the stage when girls may become boy crazy. Discusses how to be friends with a boy and have a boyfriend, social situations, first kisses, peer pressure, and how to handle problems that may arise. For grades 5-8. 2001.A Smart girl's guide to manners : the secrets to grace, confidence, and being your best

- RC 62113

Nancy Holyoke

Commonsense guidelines for getting along with other people. Quizzes, advice, and letters from girls inform the reader about ways to handle social situations: introductions, telephone conversations, host and guest duties, receiving gifts, table manners at home and out, public courtesy, and behavior at weddings and funerals. For grades 5-8. 2005.

When a parent is very sick

- RC 27818

Eda LeShan.

This self-help guide explores typical experiences of a child when a parent is sick or dies from illness. Also discusses the effects on the entire family, and suggests ways of handling resulting situations. For grades 4-7 and older readers.Ready, set, grow! : a "what's happening to my body?" book for younger girls

- RC 57622

Lynda Madaras

Written for girls in elementary school this volume discusses the approach of puberty including the physical and emotional changes that they can expect. Includes nutrition and skin advice. Companion to What's Happening to My Body? Book for Girls (RC 51806, BR 12992). For grades 4-7. 2003.Too old for this, too young for that! your survival guide for the middle-school years

- RC 51705

Harriet S. Mosatche and Karen Unger

Information, advice, and support for middle schoolers on issues such as communicating with family and friends, setting goals, handling peer pressure, and dealing with physical and emotional changes including body functions and stress. Suitable for parents to read in order to understand their preteens. For grades 6-9 and older readers. 2000.The kids' guidebook : great advice to help kids cope

- RC 56066

Tova Navarra.

Practical tips for boys and girls, emphasizing safety and self-reliance, on how to handle problems when an adult may not be available. Covers situations such as household accidents, encounters with strangers, family arguments, difficulties at school, and worrisome feelings. For grades 4-7 and older readers. 2002.Emily Post's the guide to good manners for kids

- RC 60129

Peggy Post & Cindy Post Senning.

A comprehensive guide to good manners based on respect, consideration, and honesty. Explains everyday etiquette for thank-you letters, introductions, e-mail and other computer tasks, cell phone use, school and social events, as well as hospital, religious, and travel occasions. For grades 4-7 and older readers. 2004. *The Kids's book about death and dying / by and for kids*

- RC 24641

Eric E. Rofes, editor

In a year-long discussion group at a New England school, children aged 11 to 14 express their attitudes and beliefs, as well as how to cope with an experience that is "serious and sad." For grades 5-8 and older readers. *Cliques, phonies & other baloney*

- RC 49137

Trevor Romain

Humorously discusses the negative aspects of exclusive in-groups. Explains how to make genuine friends and what to do in different social situations. For grades 5-8. *Help! my teacher hates me*

- RC 42351

Meg F. Schneider

Annotation: A guide to taking control of and learning to respect the school experience. The author describes uncomfortable situations that can arise between teachers and students and between students and their classmates and suggests solutions. Topics include grades, cheating, parental expectations, careless teachers, sports, romance, and harassment. For grades 5-8. *Everything you need to know about looking and feeling your best : a guide for girls*

- RC 56270

Annie Leah Sommers.

Practical advice for girls on the importance of good grooming, hygiene, nutrition, fitness, and attitude. Cites personal experiences of teens as they relate to the particular topic under discussion. For grades 6-9. 2000. *Everything you need to know about looking and feeling your best : a guide for guys*

- RC 56088

Michael A. Sommers.

Explains the importance of good grooming and hygiene and how they relate to the challenges of being an adolescent male. Offers practical advice on clothing, nutrition, physical fitness, and a positive lifestyle. For grades 6-9. 2000. *People with mental illness*

- RC 57879

Gail B. Stewart

Presents the personal stories of four people with different mental illnesses and discusses how they handle the daily demands of family, social life, and medical treatments. Describes the effects of their conditions on their families and friends. For grades 6-9 and older readers. 2003. *Makeup : things to make and do*

- RC 57954

Jennifer Traig.

Explains beauty and skin basics, makeup techniques and tools, and different styles for teens. Provides recipes for making one's own potions and creams. For grades 6-9. 2003. *You and an illness in your family*

- RC 58407

Tabitha Wainwright.

Offers practical advice for young people with a seriously ill family member. Uses real-life scenarios to discuss options for coping with tough situations--including death--and for communicating with others. For grades 5-8. 2001.